

Special Instructions

Take no calcium supplements for 3 hours prior to the exam.

Your appointment is scheduled for:

Patient's Name

Exam Date & Time: _____

This is your order for an examination. Please bring it with you on exam day.

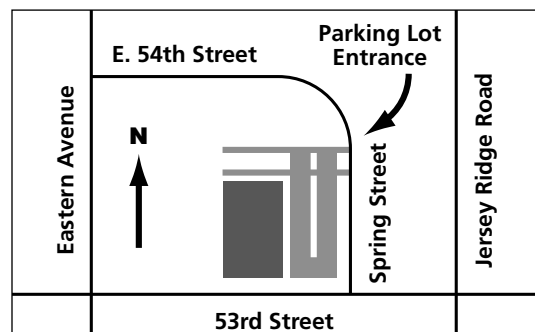
Diagnosis: _____

Doctor's Signature

If you cannot keep this appointment, please call (563) 359-3931 to cancel or reschedule.

Driving Directions

1970 E. 53rd St., Davenport



If you are approaching from the East:

Turn right on Spring Street (just west of TPC's building). Our parking lot entrance will then be on your left.

If you are approaching from the West:

Turn left (north) on Eastern Avenue at the stoplight. Proceed two blocks to 54th St. and turn right. Follow 54th St. as it runs into Spring St. Our parking lot entrance will be on your right before you reach the stop sign at 53rd St.

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Bone Density Testing



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What is a Bone Density Test?

Bone Densitometry is a safe, low-dose x-ray procedure that assists in diagnosing low bone density. This exam estimates the amount of bone mineral content in specific areas of the body, including the spine, hip, and forearm or the total body. Physicians use the bone density information to decide if treatment for osteoporosis is necessary.

This technology is called Dual-energy X-ray Absorptiometry or DEXA. It works by measuring the amount of x-rays that are absorbed by the bones in your body. The dual (two) x-ray energies used allow the machine to tell the difference between bone and soft tissue, giving a very accurate estimation of bone density.

What causes osteoporosis?

Bone is a living tissue that is constantly being broken down and reformed. As a person grows, bone forms faster than it breaks down until it reaches a peak bone mass between the ages of 25 and 35. After age 35, both men and women lose bone at a greater rate than it forms, causing bone loss. Women after menopause start to lose bone at a much more rapid rate than men of the same age. This rapid bone loss is usually due to a decrease in the production of the estrogen hormone. As a greater amount of bone is lost, the bones become porous and brittle. Early detection is the best way to protect against osteoporosis.

What will the exam be like?

The Bone Densitometry scan is extremely easy, safe, and painless. The individual that will be performing your study is known as a Radiologic Technologist, a person who has completed a rigorous course in Radiologic Technology and works under the close supervision of the Radiologist. The technologist will assist you onto the examination table and ask you to lie perfectly still on the scan table. You will be able to breathe normally throughout the procedure. A scanner arm will pass over the area of interest, for example the lower spine or hip. The dual-energy x-ray beam will pass through your body and be measured by a detector arm.

How do I prepare for the exam?

There are no special requirements to have a bone density test. However, you should:

- Wear comfortable clothing that contains no metal (i.e. sweat suits without zippers or grommets)
- Not take any calcium supplements for 3 hours prior to the exam
- Not schedule a bone density exam within the 2 days

following a nuclear medicine scan or any x-ray involving IV contrast or barium

How long will the exam take?

Generally, the exam will take about 30 minutes.

Following the exam:

You should have no discomfort or pain from this exam. You may return to your normal daily activities.

Exam Results?

A Radiology Group PC, SC Radiologist will study the images and send a typed report to the designated health care provider.

